

# Hawaii MARINE SPORTS

Hawaii Marine C Section

May 28, 2004

## Triathlon triple-dog dares racers

**Lance Cpl. Michelle M. Dickson**  
Combat Correspondent

More than 280 participants competed in the 8th Annual Marine Aircraft Group 24 Sprint Triathlon here Saturday morning.

"The feedback I've received is that the race this year was by far the best one in comparison to the others," said Steve Kalnasy, varsity sports coordinator. "I attribute it to the hard work of the Marines and Sailors of MALS-24 [Marine Aviation Logistics Squadron 24] and the people of MCCS [Marine Corps Community Services] Semper

Fit."

The three-leg race tested the strength and endurance of all who took part. It consisted of a 500-meter swim and an 11.1-mile bike ride, and finished up with a 5-kilometer race to the finish. Competitors decided whether to complete the course on their own or participate in relay teams where each member completed one leg.

The race tested each competitor differently.

"My biggest concern was the run," said Capt. Gary Humphries, commanding officer of Engineer Company, Combat Service Support Group 3. "It's

the last event in the race, and you're just so worn out by then."

The race started at 7:30 a.m. with the first place competitor, Tim Marr, coming across the finish less than an hour later in a time of 57 minutes and 8 seconds.

Hundreds of spectators cheered on the racers and offered water and support along the way.

"It was a first time for me running the race," said 1st Lt. Eric Demsky, future operations officer of the Tactical Logistics Operations Center, CSSG-3.

See TRIATHLON, C-4



Photo Courtesy of KC Humphries

Eric Demsky leads a pack of dripping runners after they complete the first stage of the MAG-24 Sprint Triathlon.

## Youth wrestlers body slam Semper Fit

**Pfc. Rich Mattingly**  
Sports Editor

The Kaneohe Bay Wrestling Club hosted the first wrestling tournament here in more than seven years at the Semper Fit Center, Saturday. In affiliation with USA Wrestling Hawaii, Marine Corps Community Services' Youth Activities rolled out the red and gold mats to welcome eight wrestling clubs from around Oahu.

The idea to host a wrestling tournament came to Clark Abbey, MCCS Youth Sports coordinator, after USA Wrestling Hawaii issued a call for sites interested in hosting a tournament.

"We've participated in USA Wrestling as a youth program for four years," said Abbey, excited by the large turnout. "It's exciting, it creates another venue for USA Wrestling, and it shows we can host this kind of event here."

The tournament followed a round robin format, with point values determined by the matches won by particular wrestlers. The team with the most points won the tournament.

While wrestling is not a sport associated with youth as often as soccer or basketball, John Schmidtke, president of the Hawaii USA Amateur Wrestling Association, said wrestling is the perfect youth sport.

"Besides just being another sport to keep them busy, wrestling requires a tremendous amount of discipline, said Schmidtke. "It teaches the values of hard work and dedication."

Schmidtke went on to say that Hawaii has long been a breeding ground for great wrestlers, especially women. More Hawaiian women were represented at this year's Olympic trials than women from any other state. And most got their start at a USA Wrestling club, he said.

"We train all ages and skill levels. It's a great activity for the kids and adults too," said Eric Fiset, wrestling coach for the Kaneohe Bay Wrestling Club.

For more information on participating in wrestling call 257-2109.



Pfc. Rich Mattingly

Amethyst Toston, 7, a wrestler with the Tropic Lighting Wrestling Club from Schofield Barracks, tries to take K-Bay wrestler Tristan Baldwin, 7, to the mat during their bout at the Kaneohe Bay Wrestling Tournament, Saturday.

## Paddlers to battle it out at surf contest

Morale, Welfare and Recreation Department,  
Navy Region  
Press Release

**KALAELOA** — Fledgling or expert surf paddlers will get the opportunity to showcase their skills at the Surf Aloha Kayak Surfing Competition, June 12 - 13 at White Plains Beach here in what was formerly called Naval Air Station Barber's Point.

Catch the perfect conditions as Oahu's only annual surf paddling event — co-sponsored by the Navy Region Hawaii Morale, Welfare and Recreation Division and Hui Waa Kaukahi Kayak Club — provides classes for every type of surf kayak: "sit on top" recreational kayaks, closed deck kayaks, wave skis and even double kayaks.

Whether you are a big wave expert or not doesn't matter. Classes will equip novice and expert, male and female, military and civilian, and age groups from kids (ages 11 to 17) to master's (age 50 plus) levels. Even if you've never competed before, come on out, try out your skills, meet some fellow surf kayakers, learn and enjoy the fun.

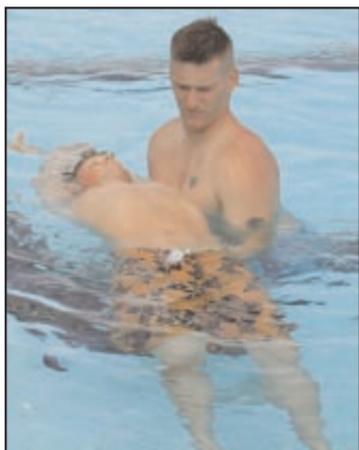
Paddlers are encouraged to bring friends to compete against them, and cameras to document the carnage. Trophies will be awarded for the top three finishers in each category, and drawings will be held for multiple prizes including two kayaks, roof racks, paddles, and other gear.

Just for competing, paddlers will get two chances to win a kayak and a T-shirt.

While you are having "fun in the sun," you can be comfortable knowing that any profit from your participation will go to a great cause. Profits will be donated to Hui Waa Kaukahi, a nonprofit kayak club working towards ocean educa-

See KAYAK, C-4

## MCCS summer swim lessons get underway



Lance Cpl. Megan L. Stiner

Classes for swimmers of all levels are available at two base pools.

**Edward Hanlon V**  
MCCS Public Relations

Are you not that familiar with the water? Do you want to enjoy the pools and beautiful beaches that surround our base, but just aren't comfortable with your swimming ability? Taking swim lessons with the Aquatics section of Marine Corps Community Services can boost your confidence in the water, and may even save your life.

Swim programs and classes are available for all ages and abilities, beginning with the "Water Babies" classes for ages 6 - 36 months all the way to adult lessons. Other swim programs include preschool, primary skills, water exploration, stroke readiness, development and refinement, and skill proficiency. In addition to the numerous swim lessons are junior lifeguard programs,

springboard diving and even surfing lessons.

Summer swim lessons are right around the corner, and the pools are now taking registration applications. Classes are offered at the Kaneohe Bay and Manana Housing area base pools. All classes consist of eight lessons per session, which begin in June and run throughout August.

Students can select from a number of available classes at both pools, and pick times and dates that best fit their needs. Swim lessons begin around 9 a.m. and are offered until 5 p.m. Prices vary, as lessons are available for individuals and groups. Family discounts are also offered.

Register your children at either pool location and teach them to be confident and healthy in the water with this summer program.

Call 254-7655 for more information.

# BASE SPORTS

**Edward Hanlon V**  
MCCS Public Relations

**May**  
**30 / Sunday**

**NASCAR Sundays** — Watch the excitement of NASCAR at Kahuna's Sports Bar & Grill. The club will open at 8 a.m. for breakfast and allow a pit stop for lunch too. Wear your favorite race driver's gear and receive \$1 off wings (dine-in only).



All E-5 and below are welcome to stick around until closing at 8 p.m. Security will be enforced.

**1 / Tuesday**

**SM&SP Golf Clinic** — Join the Single Marine & Sailor Program every Tuesday through June 15 for the SM&SP Golf Clinic, designed to help authorized SM&SP patrons to improve all areas of their game.

After registering at SM&SP, head over to the Kaneohe Klipper Golf Course from 5 to 6 p.m. to participate in this \$40 clinic. For more details, call 254-7593.

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, join MCCS Youth Activities for Okinawa Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Bldg. 1391.

Adults and children are welcome, and classes cost only \$35 for adults, \$25 for children and an additional \$20 for other family members.

Call Youth Activities for more details at 254-7610.

**Mixed Bowling League** — Every Tuesday, K-Bay Lanes is hosting the Friends of K-Bay Mixed Bowling League, open to all authorized patrons and their guests, which begins at 6 p.m.

Call 254-7664 for more.

**4 / Friday**

**Pau Hana Pin Party** — K-Bay Lanes is the place to be for

Friday fun. The mixed bowling league is open to any combination of eligible 18-year-old foursomes.

There is a one-time sanction fee for all. The weekly cost is only \$10, which includes three games, awards and a banquet ceremony.

Call K-Bay Lanes at 254-7664 for more information.

## Ongoing

**Massage Therapy** — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program helps to relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

**Gone Fishin'** — Join Mahalo Kai Fishing Charters for a day

beyond the bay. Located at the base marina, the charter contractor now has two boats to accommodate all of your fishing needs, so you can spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish.

For more information, call 254-7667.

**Pool Plunge** — Wet your feet and beat the heat at any one of four MCCS pools: the K-Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; the Camp Smith pool, Bldg. 125; and the Manana Housing pool, Bldg. 840.

**Adventure Training** — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure

Training is a fun alternative to regular unit workouts. Learn different water sports and complete physical training at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff NCOs should call the base marina at 254-7667 for more details.

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more info.

## Intramural Volleyball Standings

	Wins	Losses
3/3 BAS #1	7	0
CSSG-3	5	2
VP-4	4	3
HSL-37	3	4
3/3 BAS #2	3	4
HQBN	2	5
3rd Marines	0	6

*Intramural Volleyball standings are current as of May 21.*

## Intramural Softball Standings

	Wins	Losses
MAG-24	7	1
3rd Radio Bn.	6	1
HQBN	4	1
HSL-37 Easy Riders	6	2
3rd Marines PSC	5	2
CSSG-3 Supply	5	3
CSSG-3 Electronics	4	3
Mess Hall	3	3
CPRW-2	3	3
VPU-2	3	3
Band Stinger	2	4
One Flew East	2	4
Dental Young Guns	3	5
CAC Hickerbillies	1	3
VP-4	1	5
MCAF	0	6

*Intramural Softball standings are current as of May 21.*

## Base All Star

**NAME:** Gary Humphries

**SPORTS:** Swimming, biking and running

• Humphries, 34, was a first-time triathlete at the MAG-24 Sprint Triathlon, Saturday, here.

• The Darlington, SC., native trained for the event by running about 12 miles a week and swimming 1,000 meters twice a week.

• He trained in Shaolin Ji-kun Don while in high school, and rode in long distance and BMX biking competitions



Photo Courtesy of KC Humphries

*“When we first got there, I felt like ‘that guy,’ the one that just gets in all the cool guys’ way. Now I’m hooked. I had a great time”*

# COMMUNITY SPORTS

## Saturday, HTMC Hikes Waimano Tunnels

Intermediate hikers should bring their flashlight or headlamp for this mini adventure underground, Saturday at 8 a.m. One tunnel is long and straight, the other short and curvy. The hike also includes a valley stroll and a short stretch along the ridge trail.

To join the Hawaii Trail and Mountain Club for this five-mile trek, register with coordinator Dayle Turner at 384-4821, or e-mail turner@hawaii.edu.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on all hikes.

## ‘Boat Smart’ Sets Sail June 5 and 19

The Honolulu Sail and Power Squadron will offer a “Boat Smart” course on two Saturday mornings from 8 a.m. till noon at the Waikiki Yacht Club, June 5 and 19.

The classes are free, but a \$25 fee will be collected for instructional materials, which include techniques of safe handling of sails and crafts, anchoring, basic knots, chart reading, the



mariners compass, piloting and more. You don't have to own a boat to attend.

Both would-be skippers and experienced captains, whether men, women or teenagers are invited, but the 20-seat capacity boardroom fills quickly, so registration is advised at 846-9000.

The club is located at Ala Moana Beach Park, at the foot of Atkinson Drive.

## Ironman Qualifier Goes June 13

Open to Hawaii residents only, the inaugural Honu Triathlon, the official Hawaii Ironman Triathlon World Championship Qualifier, is slated for June 13 on the Kohala Coast of the Big Island.

The qualifying race will begin with a 1.5K (2.4-mile) swim start at Hapuna Beach State Park, followed by a 40K (112-mile) bike course encompassing a portion of the Queen Kaahumanu Highway, then wrap with a 10K (26.2-mile) run entirely within the Mauna Lani Resort. The course must be completed in 17 hours (with cutoff times for each segment).

Anyone can participate; however, only residents of three-plus years are eligible for qualifying slots that move on to October's Ironman.

Register by calling 326-7820 or e-mail

vidgen@current-events.com.

## Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. - 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

•Saturdays at 1 p.m., History Tours by Van: Learn about and see significant historical landmarks on Bellows Air Force Station.

•Sundays at 8:30 a.m. History Tours by Bike: Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included; however, wear closed-toe shoes on this tour.

•Mondays at 8:30 a.m., Hike to Makapuu: Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse and stunning vistas. Wear closed-toe shoes.

•Tuesdays and Thursdays at 10 a.m., Lei Making: Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories while making your keepsake.

•Wednesdays at 6:30 a.m., Bikram's

Yoga: Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

•Wednesdays and Thursdays at 1 p.m., Kayaking Lessons: Master ocean-kayaking skills including deep-water recovery, navigation, water safety and efficient paddling techniques in this two-hour class.

•Wednesdays & Fridays at 8:30 a.m., Snorkeling Tour: Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

•Thursdays at 9 a.m., Beach 101: The whole family can attend this fun class.

•Fridays at 1 p.m., Bodyboarding Lessons: Learn how to catch and ride the waves. Free day rental of boogie board is included.

•Saturdays at 8 a.m., Morning Paddle: Take the guided kayak tour to the Mokolua Islands to see birds in their natural habitat. Advanced skill level is required.

## Hawaii Marine Accepts Briefs

Advertise sports and recreational activities by e-mailing items to editor@hawaiimarine.com or by calling 257-8836 or 257-8837.



# THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil), or Capt. Robbins at [robbinskd@13meu.usmc.mil](mailto:robbinskd@13meu.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## Who will win the 2004 Stanley Cup?

### Capt K. D. Robbins

*The Professor*

The date: June 9, 2001. The location: Denver. The scene: Game seven of the 2001 National Hockey League Stanley Cup Finals.

Ray Bourque skates his way into history. The Hall of Fame defenseman hoists Lord Stanley's Cup high above his head after 22 seasons in the NHL.

Fast forward. The date: June 7, 2004. The location: Tampa Bay. The scene: Game seven of the 2004 NHL Stanley Cup Finals.

Dave Andreychuk skates his way into history. After 22 seasons and 1,597 regular season games, he too will hoist the cup.

There is no doubt that this year's NHL "Super Bowl" will hurt for television ratings. Any market north of the border is a tough sell to the American public. Furthermore, any market in the

state of Florida that doesn't involve the Hurricanes, Bobby Bowden or Jon Gruden is an even tougher sell. That is a pity.

The Tampa Bay Lightning and the Calgary Flames will provide the hockey purists, all 200 of them, with what will certainly go down as one of the most competitive cup finals in the history of the game.

Tampa Bay is loaded with stars; yet, no one knows who they are.

At 5-9, 181, what Martin St. Louis lacks in size, he makes up for in speed and production. His 94 points and 35 +/- led the NHL this year.

Add Cory Stillman (80 points/18 +/-) and Brad Richards (79 points/14 +/-) and the Lightning boasts three of the NHL's top 10 scorers.

To deny Jerome Iginla his due as a top NHL scorer is criminal.

See *PROFESSOR*, C-4

### Sgt. Joe Lindsay

*The Goat*



It's as if Kenny, the poor kid from South Park, Colo., got all the best Christmas presents, and his friend Eric Cartman finally found out that Santa Claus really does know who's been naughty or nice. Call it TiMmY's revenge.

The NHL's Calgary Flames are proving that good things happen to those who wait — just don't expect them to wait any longer for their first Stanley Cup title since 1989.

Not since the 1980 U.S. Olympic hockey team's miracle on ice at Lake Placid, N.Y., has a team seemed so destined for hockey immortality as the 2004 Flames.

Before this year's magical run, Calgary hadn't won so much as a playoff round since '89, and hadn't even been to the playoffs for

seven seasons. In fact, they didn't even clinch a playoff berth this year until the final week of the season.

None of that matters now, though, because, like Terrence and Phillip, the Flames are on fire.

After victories over three division winners who were all 100+ point teams — the Vancouver Canucks, the Detroit Red Wings and the San Jose Sharks — the Flames find themselves poised to bring the Stanley Cup back to the land of strange brew.

Led by their captain, Jarome Iginla, and the remaining top line of Craig Conroy and Martin Gelinas, the Flames are a hard-nosed, blue-collar team that plays to win.

Their main weakness is on special teams, where the Flames

See *GOAT*, C-4

## READERS STRIKE BACK

**"... 'Rocky IV' was more than just a sports movie. It was a movie about America overcoming the odds."**

Dear "Bottom Line,"

I have to agree with both of you gentlemen for listing "Rocky" on your greatest sports movies of all-time list ("What is the greatest sports movie?" May 21, page C-3). However, I believe it deserved to be higher than The Goat ranking it fourth and The Professor ranking it fifth.

My favorite movie of all time is "Rocky IV." "Rocky" is a close second, but "Rocky IV" was more than just a sports movie. It was a movie

about America overcoming the odds.

I was disappointed that The Goat gave a little jab to "Rocky IV" and "Rocky V." I think he needs to watch "Rocky IV" again. It is a true inspiration and reminds us of a time when Americans were defending our way of life against the Soviets, to include athletic competition.

More young people who are not from that generation would be well served by renting it. I never saw The Goat's top pick, "The Fish That Saved Pittsburgh," but I will rent it.

I have, like everyone else, seen The

Professor's favorite movie, "Field of Dreams." That was a good movie, but it was more like a clever, witty drama with sports as its underlying theme.

Next on my sports movie to watch list is "Miracle." I saw our Olympic hockey team win the gold when I was a kid, and I have high hopes for "Miracle" moving to the top of my personal, sports-favorite movies list.

— *John M Gollner II*  
*Honolulu, Hawaii*

**PROFESSOR, From C-3**

However, Calgary doesn't win with scoring. They rode a strangling defense through three 100-point regular season teams (Vancouver, Detroit and San Jose) straight into the cup finals.

With NHL goals against average goalie Miikka Kiprusoff and defenseman Jordan Leopold and Robyn Regehr, they hope to do the same to the Lightning offense.

**Bottom Line:** Watch this Stanley Cup Final! You may not love the cities or know the players, but the play itself promises to please. If offense wins fans and defense wins championships, the 2004 Stanley Cup Final will prove otherwise.

Calgary's defense held off three of the top scoring teams in the NHL. It is just too much to ask them to hold off a fourth.

The erratic play of Miikka Kiprusoff in net and the sheer destiny that awaits Dave Andreychuk will ensure that lightning will not only strike twice, but four times.

Tampa Bay will win the series, 4-3.

**GOAT, From C-3**

have scored on only two of their last 32 power play opportunities.

That Achilles heel isn't enough to bring out the gimp walk in the Flames, though, as goalie Miikka Kiprusoff can handle the pressure. He proved that by allowing only three goals in Calgary's three-series clinching wins. There is, quite simply, nobody better.

Forget about the home ice advantage. The NHL is not the NBA. Calgary is an amazing 8-2 in road games during the playoffs, and if Rasheed Wallace were a Flames hockey player, he would at least have some educated reasoning to back up playoff road victory guarantees.

**Bottom Line:** The Goat don't care if you print it on the front page, the back page, or the middle page. Tampa Bay will not win the Stanley Cup.

"But there is little question the Tampa Bay Lightning deserve to be in the Stanley Cup Finals, eh?" Tampa Bay will not win the Stanley Cup.

"But they've got the league's No. 3 offense, eh?" Tampa Bay will not win the Stanley Cup.

"But they beat Calgary in their only regular season meeting 6-2, eh?" Tampa Bay will not win the Stanley Cup.

**TRIATHLON, From C-1**

"I wasn't nervous about it; it wasn't my concern to place because no matter what it was, it was my personal best."

For true triathlon enthusiasts, the annual Ironman Triathlon World Championship, considered the ultimate test of physical and mental toughness, will take place on the island of Hawaii, Oct. 16.

Humphries said that triathlons are "fun" and competitors don't necessarily compete against others in the race, but instead gain personal gratification for completing the strenuous endurance contest, while meeting others who are accomplishing the same thing.

Since the first triathlon on Sept. 25, 1974, in Mission Bay, San Diego, athletes have participated in the Sprint, the Olympic and, of course, the longest triathlon, the Ironman. To date, the grueling competition continually proves it doesn't lack competitors wherever contests are held.

**KAYAK, From C-1**

tion, safety, awareness, and the preservation of Hawaii's ocean environment.

For entry forms and information, call Go Bananas Kayaks (737-9514), visit a Go Bananas store (locations at 799 Kapahulu in Honolulu or 98-390 Kamehameha Highway in Aiea, next to Dixie Grill), visit the Web site at [www.go-bananaskayaks.com](http://www.go-bananaskayaks.com), or visit the Outdoor Adventure Center located at Naval Station Pearl Harbor in the Bloch Arena Complex. Entries are due by Monday, so register today.

More volunteers are needed to assist with this event; call 677-3481 to see how you can help.



Gunnery Sgt. Rhys A. Evans

**Fore!**

Nicholas A. Randolph, with 3rd Radio Bn., attempts to power a 9 iron onto the par 3 fourth hole from 143 yards out during the MCCS Spring Intramural Golf Tournament, May 21 at the Kaneohe Klipper Golf Course here. The tournament kicked off the "101 Days of Summer" drug and alcohol prevention campaign, which promotes participation in athletic activities and sportsmanship, offers healthy lifestyle alternatives, and encourages awareness of substance issues to personnel and family members at MCB Hawaii.

**MCCS Spring Intramural Golf Tournament**

<u>Command</u>	<u>Patron</u>	<u>Tourney Place</u>
CSSG-3	4	0
MAG-24	4	0
HQBN	14	A Flight: 1, 2 & 3 B Flight 1, 2 & 3 C Flight: 1 & 3 D Flight: 1
3rd Marines	5	0
3rd Radio Bn.	3	0
MALS-24	5	0
MCAF	6	D Flight: 2 & 3

**“ quotable ”**

He makes a July's day short as December.  
— William Shakespeare

## SPORTS AROUND THE CORPS

# Far East bases to host athletic tournaments

**Marine Corps  
Community Services**  
*Press Release*

**CAMP BUTLER, OKINAWA, Japan** — Marine Corps Community Services' Semper Fit at Camp Foster is hosting a softball tournament from July 1 – 5, and the 9th Annual Far East Bodybuilding Competition, Aug. 15, both here at Camp Butler.

## Far East Softball Tournament

The Far East Softball Tournament will run at the Camp Foster Sports Complex, and the tournament is limited to 24 men's teams and 12 women's teams. The tournament will consist of round robin play followed by a double elimination championship, composed of the top three teams from each round robin division.

The team fee is \$225 for all teams. Off-island teams must register and make entry fee payment to the MCCS Accounting Management Office by June 18. Send checks payable to MCCS; Attn: AMO-Foster Athletics; Unit 35023; MCB Camp S. D. Butler; FPO AP 96373-5023.

On-island teams must register and make entry fee payment at any MCCS athletic facility by June 23.

Team entry into this tournament will be predicated on the acceptance of payment at the time of registration. A team will not be confirmed for participation until payment is made. A stand-by list will be maintained in the event that all entry positions are filled and vacancies become available. A full refund will be issued to a team that is unable to participate prior to the start of the tournament. Refunds will not be issued once the tournament starts.

Team size is limited to 15 players, plus a coach. A coach who participates as a player will count against the 15-player limit.

A coaches meeting will be held at the Camp Foster Community Center, Bldg. 5908, June 30 at 6 p.m. Attendance is required for team participation.

A skills competition will be conducted on Camp Foster's Field #1 immediately following the coaches meeting. The competition will include a relay-throw, base running and home run hitting contests.

An awards ceremony will follow the softball championship game on July 5, and awards will be presented to the top four teams for both male and female teams. Individual awards and T-shirts will not exceed 16 per team.

For billeting at Camp Foster, team rosters must be submitted by June 18. Coaches are responsible for their team members' conduct while in billeting.

## Far East Bodybuilding Competition

The 9th Annual Far East Bodybuilding Competition is open to all bodybuilders in the Pacific, and the event will consist of mandatory weigh-ins at the theater here, Aug. 15 at

8 a.m., followed by prejudging at 10 a.m. and the finals at 6 p.m. However, all competitors must also attend the competitors' briefing and turn in their music selections on Aug. 14 at the Camp Foster Community Center, Bldg. 5908, between 10 a.m. and noon.

The entry fee is \$15 for all competitors who register and make payment prior to Aug. 14. The late entry fee is \$20 for all competitors who register on-site at the competitors' briefing. There will be no registration the day of the event.

Preregister at any MCCS athletic facility by Aug. 12. After this date, participants must register and make payment at Camp Foster's Gunners Gym.

Awards will be presented to the top five competitors in each weight class in both male and female divisions.

For billeting, arrangements must be made by Aug. 1.

## Billeting

Billeting is available at Camp Foster on a space-available basis for both events above. The daily room fee is \$10 per day, and payment may be made by a purchase order or on an individual basis. Full payment must be made prior to check out.

For billeting, competitors must submit their entry form and payment to Camp Foster Athletics by fax to 645-3901 DSN, or 011-81-611-745-3901 commercial toll charge, or e-mail Robert Shadley at Shadleyr@okinawa.usmc-mccs.org.

For more details about either event, call 645-4866/3985/2235 (DSN) or 011-81-611-745-4866/3985/2235 (commercial toll charge).

# CJTF-Haiti slam dunks locals, 54-37, in friendly competition

**Sgt. Ryan S. Scranton**  
*Public Affairs Office  
Camp Lejeune, N.C.*

**PORT-AU-PRINCE, Haiti** — Recently, the Combined Joint Task Force-Haiti played a friendly but competitive game of hoops between personnel and members of the local community here to bridge the gap between the Multinational Interim Force-Haiti and the Haitian populace.

"This was a way for us to let our hair down and let the community know we are not just a gun-toting force," said Col. Mario LaPaix, special advisor to CJTF-Haiti's commander. "The Haitians had a talented team, but basketball is an American sport ... so we had an edge."

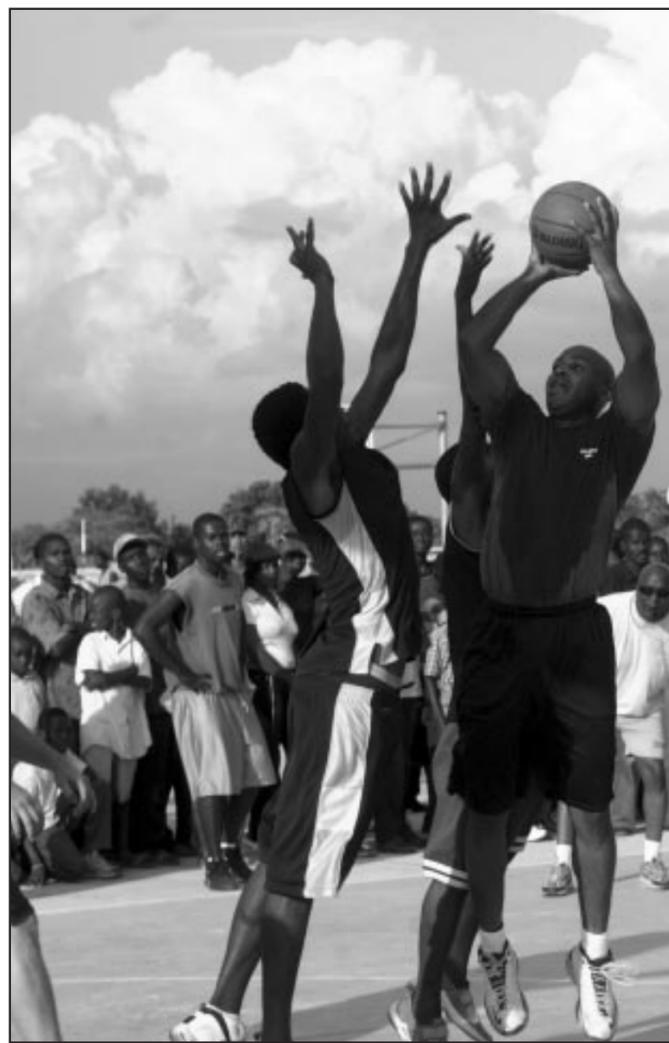
The 13-man CJTF team triumphed, 54-37, but the victory wasn't necessarily because of the team's talent, according to LaPaix, but because of its experience and organization.

The basketball game followed on the footsteps of a soccer defeat a few weeks prior, so the CJTF wanted the opportunity to compete in an American sport.

The task force wasn't exactly stacking the deck when it put together a team to face off with the community's ballers, LaPaix said, who is a Haitian-American himself.

"Nothing special was done," he explained. "We just put the word out that we were going to play the community, and those that volunteered got to play. We had some good players and some not-so-good players," he rationalized of the loss.

The game, played on a cement court just a few hundred meters from the CJTF compound's front gate, att-



Sgt. Ryan S. Scranton

**A Marine with CJTF-Haiti takes a leaping shot during a basketball game between personnel from CJTF-Haiti and members of the local Haitian community.**

racted approximately 2,000 spectators from the local community, who came to show their support and satisfy their curiosity.

"The fact that we had so many people show up says a lot about the community," LaPaix said. "It shows how much they respect us. The community as a whole has been extremely responsive to us. They have provided our external security," he contin-

ued, citing a recent problem with thieves stealing the barbed wire from the outskirts of the compound before community members helped catch the criminals.

"The game definitely accomplished the mission, which was to reach out to the people. They are talking about the game all throughout Haiti, and that is significant because we have a marriage with the community."

## HEALTH & FITNESS

# 15 minutes could save your life

### NAPS

#### Featurettes

Each year about 700,000 people have a stroke. About 500,000 are first-time attacks.

A recent poll showed less than 42 percent of people in the U.S. know one of the five warning signs. Yet, 15 minutes spent learning about the risk factors for strokes and their warning signs could save your life or the life of someone you love.

#### 15-Minute List

In 15 minutes you could accomplish a number of things that could increase your knowledge:

- Go with your loved ones to get their or your blood pressure checked. If the reading is 140/90 or higher, help get it under control. Optimal blood pressure is less than 120/80. Ask your healthcare provider for guidance.

- Get involved with "Train To End Stroke," the American Stroke Association's half- and full-marathon training program. You can complete a

life-changing event on behalf of your family member while raising funds for stroke research.

- Sit down and write a letter to your senator and/or representative to support the STOP Stroke Act. This legislation would authorize a grant program to help states get access to quality stroke prevention, treatment and rehabilitation services.

- Take the "Learn and Live Quiz," by answering 15 questions that may help identify cardiovascular health concerns at [americanheart.org](http://americanheart.org), or call 1-888-AHA-CARES.

#### Signs of a Stroke

Time is crucial when dealing with stroke. The sooner you recognize the warning signs, the better the chance of survival. The signs include the following:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;

- Sudden confusion, trouble speaking or understanding;

- Sudden trouble seeing in one or both

eyes;

- Sudden trouble walking, dizziness, loss of balance or coordination; and

- Sudden severe headache with no known cause.

#### Stroke Questions

Learn if someone you love is at risk for stroke by considering the following questions:

- Do they have high blood pressure (140/90 or higher)?

- Do they smoke?

- Are they overweight or obese?

- Are they physically inactive (less than 30 minutes of physical activity on most days)?

- Does anyone have diabetes?

- Is there a family history of stroke?

Risk for stroke increases as people age, but high blood pressure, smoking, physical inactivity, obesity or high cholesterol levels can be controlled or eliminated.

Simply spending 15 minutes could make a huge difference. For information, visit [strokeassociation.org](http://strokeassociation.org) or call 1-888-4-STROKE for more information.



Lance Cpl. Megan L. Stiner

Wes Phillips (left), operations officer with Fleet Logistics Support Squadron 51, gets his blood pressure checked by David Hargreaves, corpsman with Patrol Squadron 4, during a medical check-up.

## Vitamin D can optimize health

### NAPS

#### Featurettes

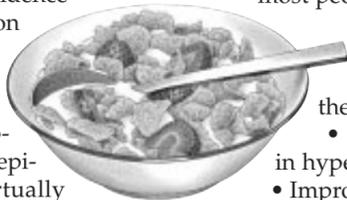
Known as the sunshine vitamin, vitamin D is an essential nutrient that the body naturally makes when skin is exposed to sunlight. However, many children and adults have limited exposure to the sun, or they use sunscreen to protect against sunburns. Consequently, natural exposure to vitamin D is greatly limited, so many must rely on fortified foods to ensure adequate levels.

Vitamin D's primary function is to help with the absorption of calcium and promote bone mineralization, both of which are needed for proper bone growth and maintenance. When the body lacks vitamin D, bone strength is compromised and the incidence of breaks or malformation increases.

In children, severe lack of vitamin D causes rickets, a bone thinning, crippling disease. Once an epidemic, rickets was virtually eradicated in the 1930s when the United States began fortifying milk with vitamin D. Now, seventy years later, rickets is making a comeback.

Why now? While many factors contribute to nutrient deficiencies, one common cause of inadequate intake of vitamin D may be the switch from drinking milk to soda and fruit drinks. Those who drink soft drinks and fruit-flavored drinks may not be getting enough vitamin D or calcium in their diets and are increasing their chance of developing weak bones.

Parents can help their children increase bone mass by making sure children get enough vitamin D as well as calcium. Milk, cereals, grain bars and juices fortified with vitamin D are good sources. For instance, one eight-ounce glass of vitamin D-fortified milk contains approximately 50 percent of the daily requirement for vitamin D for most people.



Beyond bones, research shows that vitamin D may help the following:

- Reduce blood pressure in hypertensive patients;
- Improve blood glucose levels in diabetics; and
- Improve symptoms of rheumatoid arthritis and multiple sclerosis.

## When you've got an itch, don't scratch!

### NAPS

#### Featurettes

Unfortunately, it's always the season for dry itchy skin. Whether caused by cold weather, harsh chlorine or sunburn, dry skin can trigger an itch that most can't resist scratching.

Though the quickest form of relief may be to scratch, usually that only irritates the skin, making it itchier than before. The vicious cycle of itching and scratching that ensues can make the situation intolerable.

Why is the relief from scratching short-lived? Scratching provides instant gratification but only masks the damage it's causing. It irritates the skin's natural protective barrier.

Once this barrier is "broken" the skin is vulnerable to moisture loss, which causes very dry, chapped skin and ultimately more relentless itching. The best way to prevent itchy skin is to address the most common cause: dry skin.

Thankfully, you can minimize dry, itchy skin with these helpful hints:

- Don't Scratch! Reach for products with instant itch-relief ingredients like hydrocortisone or menthol, or even oral antihistamines.

- Soak and Seal. Moisturize within two minutes of bathing, when skin is still damp. It's best to use lukewarm water and limit showers to once a day.

- Twice a day, moisturize to soothe the skin.

- Protect your children by keeping fingernails short and using fragrance-free soaps, shampoos, sunscreens and moisturizers.

- See your dermatologist. Your chapped, itchy skin could be a flare up of eczema and a prescription may be needed to control the problem.

Finding the right moisturizer is a simple and good first step to calm and prevent itchy, dry skin. You'll not only keep skin healthy and looking its best, but the frustrating itch-scratch will be kept at bay.



Cpl. Jessica M. Mills

Parents play an important role in getting their children active, like MCB Hawaii's 76ers youth basketball team.

# Parents need a game plan to get children moving

**NAPS**  
*Feaurettes*

Many parents are discovering new activity options that their children might not have tried such as ultimate Frisbee or BMX biking.

How can parents win when they're searching for physical activities to get their children moving? Experts offer three easy steps to success.

## Step One

Start by talking with your child. Parents should talk with their child to determine his or her interest in physical activities. Children don't always understand what attracts them to a new activity, so parents can help kids discover which ones best fit their personalities and skill levels.

Children that are more social might enjoy being part of a large team, while other kids might enjoy practicing skills alone and then playing with a friend.

Kids can visit [www.VERBnow.com](http://www.VERBnow.com) and take the Activity Personality Quiz, which computes their personality profile and suggests matching activities.

## Step Two

Actively research your child's activity choices. If a child wants to participate in a sports or activity program, parents should research the program's philosophy before signing their child up to participate.

Solid programs will explain their approach with policies addressing these questions:

- Do all children get to participate, regardless of ability?
- Will the program develop fair play, teamwork and sportsmanship?
- Is there an emphasis on having fun?
- How does the program address communication between coaches, officials, parents and participants?

Helpful recommendations for researching formal activity pro-

grams are available to parents in a Youth Sports Coalition brochure, located at [www.aahperd.org/naspe/resourcechoosing.pdf](http://www.aahperd.org/naspe/resourcechoosing.pdf).

## Step Three

Use local sports organizations and activities. The Centers for Disease Control and Prevention's VERB campaign is a great resource for new activity ideas. Parents can log on to [www.VERBparents.com](http://www.VERBparents.com) to use the Activity Finder to quickly locate local sports and activity organizations.

For instance if you're looking for soccer teams, parents can scroll through the finder and select U.S. Youth Soccer Association (USYSA). Clicking on the name takes parents directly to the USYSA Web site directory where they can find their state association.

Taking these three easy steps empowers parents to create a positive atmosphere for communicating with their children about getting active for 60 minutes every day.

## You "mite" be surprised by who's sleeping in your bed?

**NAPS**  
*Feaurettes*

Snuggled into your pillow, you sleep, blissfully unaware that a colony of living creatures exists right under your nose. Like it or not, you share your bed with microscopic bugs called dust mites.

These spider-like bugs are too small to be seen, but they can have a big effect on your life if you suffer from allergies or asthma.

Dust mites sleep with us because they feed off the dead skin cells we shed. Their feces and body parts contain substances that trigger allergic reactions ranging from eye irritation to allergies, asthma and other respiratory problems. Mites also cause skin rashes and itching.

"Pillows and bedding are prime dust mite territory," says Dr. Sean P. Abbott, a specialist in microbiology of indoor environments. Abbott has written more than 30 publications on microbiology and indoor-air quality topics.

"Bedding should be laundered in water that is at least 130 to 140 degrees Fahrenheit to kill dust mites," he said. "Washable pillows that can hold up to the rigorous processes of high-temperature washing and drying also make it possible to reduce the buildup of mites, bacteria and fungi, all of which can affect human respiratory health."

Is there an "ideal" pillow for everyone? Yes.

Obviously, comfort is very important, but a pillow should also provide proper neck and back support, proper spinal alignment, and be washable.

However, people who purchase popular foam and feather support pillows for the benefit of back and neck support are often unpleasantly surprised to find that many of these pillows cannot be laundered. Also, be forewarned that even "anti-allergy" and "mite proof" covers are not as effective as washable pillows in guarding against mites, so prefer washable pillows.



## Biking to find a cure

The Tour de Cure raises funds for diabetes research

**NAPS**  
*Feaurettes*

If you were told that something as fun as riding your bike could possibly help prevent or cure a disease that's reached epidemic proportions, while improving the lives of millions, would you want to know more?

That's the question being asked by the American Diabetes Association as they challenge cyclists to join them for their annual Tour de Cure, to help raise money for diabetes. Tour de Cure is the biggest cycling event for diabetes in the country, it takes place from April through June at more than 100 sites nationally.

Whether you're a casual biker or an avid cyclist this event is for you. The reward comes in knowing that every mile pedaled and every dollar raised puts the Association one step closer to its goal of finding a cure.

The American Diabetes Association's mission is to prevent and cure diabetes, as well as improve the lives of those already affected by it. If left untreated, diabetes can lead to devastating complications, including heart disease and stroke, blindness, kidney disease, and amputations.

Participation in Tour de Cure will help to raise much-needed funds for diabetes research, community-based programs that help people with the disease lead healthier lives, and the Association's advocacy and outreach efforts.

Every dollar raised will help people with the disease lead healthier lives and will help to get us one step closer to a cure.

To learn how to participate in your area, call the American Diabetes Association at 1-888-DIABETES (342-2383) or register online at [www.diabetes.org/tour](http://www.diabetes.org/tour).